

Abstract of the Disclosure

5 A self-spotting apparatus for free-weights [2301] utilizes a pair of weight-responsive engagement assemblies [1203A, 1203B] engaging a respective pair of support columns [1207A, 1207B] to provide engageable support for a free-weight bar [2311]. Auxiliary stops [2203A, 2203B] limit the lowest position of the free-weight bar. The auxiliary stops are adjustable by manual or electrical disengagement from the support columns. A control unit [2302] provides disengagement logic for barbells and dumbbells.